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JENNIFER LAWRENCE
Why do these dudes make more than me?
metroLIFE

City waiting on funding for shelters

HOMELESSNESS

$400K allocated for Surrey

Emily Jackson
Metro | Vancouver

Vancouver has not yet received funding from the province for winter shelters for some of the nearly 500 people still sleeping on the city's streets, according to the mayor.

The city is in discussions with B.C. Housing over how much funding it will get, Mayor Gregor Robertson told reporters Tuesday — the same day B.C. Housing announced it will provide Surrey with $400,000 to operate a temporary winter shelter with 40 beds.

Vancouver's funding isn't usually confirmed until the weather gets worse, Robertson said, adding he's happy about the funding in Surrey.

"It's great to see the province is funding shelters around the region," he said. "We have to deal with this as a whole region and as a whole province."

If homelessness is not dealt with regionally, more people leave their communities and end up in the Downtown Eastside seeking food and shelter, Robertson added.

Vancouver is looking for more support from the province this year.

"We know we have hundreds of people who are still outside," Robertson said. "We are going to need more support to make sure we have options for people to get off the street when winter hits."

The province funded four winter shelters with approximately 40 beds each in Vancouver in 2012, but cut back to only two shelters in 2013 and 2014. These provide stable homes for five months. The province also funds emergency response shelters that open in extreme whether.

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metro NEWS
Your essential daily news

Events that shaped Playboy's history. Life

Eastside theatre group tackles homelessness

SHAKESPEARE

Troupe celebrates its second year

Matt Kieltyka
Metro | Vancouver

Cori Kelly has been bit by the theatre bug.

By day, she's a front-line support worker for a service provider in Vancouver's Downtown Eastside.

By night, she's one of 12 community members of a theatre troupe that channel Shakespeare and use the stage to captivate audiences while tackling issues of community, diversity and homelessness.

Kelly became involved with the group almost by accident last year, as it was being set up for its first-ever shows during Homelessness Action Week.

"I started out trying to round up people from the community to get them involved in the project and before I knew it, I was acting," said Kelly, also a community activist. "Being on stage was really scary and quite daunting at first. But the audience we had at the Carnegie Centre was so involved and interactive, it was really fun after the first few minutes."

And now she's hooked.

As are the other actors in the group, who are currently preparing for their second round of shows under the tutelage of Luisa Jojic, a professional stage actor who started the group last year with the help of Raincity Housing and now serves as its project co-ordinator.

The idea, Jojic said, was to get people who have been touched by homelessness to share their experiences with an audience in a fun, profound way that only theatre can do.

"Most people know there is a problem with homelessness in the city of Vancouver. I think when we see the statistics or hear about it in the news or in the political realm, people say 'yeah, we've heard that before,'" said Jojic, who just concluded her fifth season with Bard on the Beach. "With theatre, you do get more involved with the world of the show. You can't help but get involved, it's more empathetic … more human."

Not that the serious social issues weigh down the production.

Jojic said this year's play, titled For a Muse of Fire and takes place during a colourful bus commute while touching on a variety of Shakespeare's works, is still fun and entertaining.

The biggest change Jojic has seen has come from within the group itself.

Last year's trio of performances was meant to be a one-off, but the experience was so positive for those involved, Jojic was happy to make the group an ongoing project.

"How can you stop now? It has been really empowering for the participants. That's incredibly exciting for me, and humbling," she said. "It won't change everything, but it's a small step for building community engagement and awareness."

DATES

For a Muse of Fire will play at the Interurban Gallery (1 E. Hastings St.) at 8 p.m. on Oct. 28, 29 and 30 as part of the Heart of the City Festival. Admission is by donation.

Priscillia Tait, Cori Kelly, project co-ordinator Luisa Jojic, and CJ Jandrew are part of the Downtown Eastside theatre group that uses the arts to tackle community, diversity and homelessness. CONTRIBUTED

ACTION WEEK

Mayor alarmed at youth on street

Emily Jackson
Metro | Vancouver

Mayor Gregor Robertson says it's "disheartening" to see more youth sleeping on the city's streets despite strong community support to help them.

But as he proclaimed Homelessness Action Week at an event at city hall on Tuesday, Robertson honoured the frontline organizations that work tirelessly to help people, especially youth.

Robertson, who was elected for a third term in 2014, pledged in three election campaigns to end homelessness by 2015. But the number of people sleeping on the streets has plateaued at nearly 500, according to the spring homeless count.

The mayor said it is alarming to see homeless youth congregate on Granville and Davie streets. Youth aging out of government care, aboriginal and LGBTQ youth are overrepresented, he said.

"I think there is a solution here, and it involves more resources," he said, calling on the federal government to increase funding to housing and mental health support.

Yet existing organizations have made progress, said mother of two Alexandra O'Donaghey, who sits on the city's mental health and addictions task force. She told her story of overcoming struggles with homelessness and addiction at a young age. She's now getting her bachelor's degree in social work to give back.

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Riding Profile: Fleetwood-Port Kells

ELECTION 2015 Metro looks at ridings across the Lower Mainland to find out what candidates think are the biggest issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Population: 123,243

Candidates' comments have been edited for space

Garry Begg — NDP

CONTRIBUTED

What is the most important issue in your riding?

When I'm out talking to and meeting people in the riding the issues that come up time and again are about the need for real change in Ottawa (and a change of prime minister), and just how frustrated people are about crime in Surrey and how disappointed they are with Stephen Harper.

Why should people vote for you?

People need to feel that their voice is represented by their MP, and to have an MP responsive to their needs. My life has been devoted to public service and I fully intend to bring that ethos to my work as an MP. After decades as a senior officer in the RCMP I feel I understand this completely and I can be that voice of change.

Ken Hardie — Liberal

CONTRIBUTED

What is the most important issue in your riding?

The one thing I hear over and over again at the door is that Fleetwood-Port Kells needs change. Nothing the Conservative government has done for the last nine years has made Surrey safer or better off, so folks here are looking for a plan that is smart on crime and which helps make everyday life more affordable.

Why should people vote for you?

I am the only candidate who lives in the riding, so the issues that affect Fleetwood-Port Kells are the issues that affect me and my family. I felt compelled to run after nine years of mismanagement by the Conservative government. The Liberal Party of Canada was the only party offering a plan for real change that will help Canadians now and not in four years from now. They should also vote for me if they want a voice for their concerns in Ottawa and not a voice from the Prime Minister's Office in Fleetwood-Port Kells.

Nina Grewal — Conservative

CONTRIBUTED

What is the most important issue in your riding?

Crime remains a top-of-mind issue. Conservatives can be trusted to get tough on crime with laws that put violent offenders behind bars, impose minimum sentences, take guns away from the criminals, and that give law enforcement the tools and resources they need to get the job done. We're investing in the RCMP and putting millions locally into programs to fight drugs and get kids out of gangs.

Why should people vote for you?

When I was first elected, I promised that I'd fight every single day on behalf of the residents of Fleetwood-Port Kells. I've kept that promise, and if re-elected, I promise I'll fight just as hard during the next Parliament, remaining focused on community safety, ensuring that we have the infrastructure needed by our growing city, and supporting jobs and growth to help our families and community prosper.

Richard Hosein — Green

CONTRIBUTED

What is the most important issue in your riding?

Our current voting system has lost the confidence of Canadians. We must replace the first-past-the-post system with a form of proportional representation. We will determine the form of proportional representation best suited to Canada through extensive public consultation. The health of our democracy depends on electing members of Parliament who are accountable. Green MPs will publish their expenses online, to ensure maximum transparency and accountability.

Why should people vote for you?

As an MP, I acknowledge that I have a special duty to my constituents. Part of my efforts would include town hall meetings, social media, public events and partnerships with community groups. I will make decisions that I believe are congruent with Green principles and that are in the best interest of my constituents and the greater good.

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INVESTIGATION

Police meet with cyclist accused of assault

Thandi Fletcher
Metro | Vancouver

A cyclist accused of assaulting a pregnant woman in Vancouver's Kitsilano neighbourhood last week has spoken with investigators, police confirmed Tuesday.

Const. Brian Montague said the man came forward to police on Saturday, a day after Vancouver resident Mandy Pappas, who is five months pregnant, filed a police report alleging that she was assaulted by the cyclist.

"It's still under investigation," Montague told Metro. "No conclusion has been made regarding the recommendation of any criminal charges."

In a Facebook post that has been shared nearly 20,000 times, Pappas said she was on her way to vote on Friday evening when she said a cyclist ran a stop sign at full speed and almost knocked her over. When she yelled at him, she claimed that he stopped, turned his bike around and rode directly into her, which knocked her over.

Pappas said she tried to hold on to the cyclist's backpack to keep him at the scene while a witness took a photo of him, which she shared online with the hope of identifying him.

She said she was badly bruised following the incident and went to hospital.

A request for an interview with Pappas was not immediately returned Tuesday. According to media reports, doctors told her the baby is fine.

On Sunday, the cyclist emailed a statement to CTV News sharing his version of events, in which he claimed that he didn't ride his bike into her but rather intended to stop next to her. As he approached, however, he said Pappas grabbed his handlebars, causing them both to fall to the ground.

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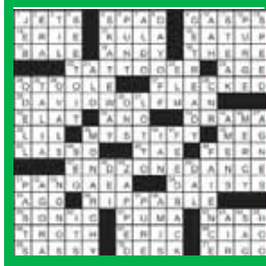

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Malaria might help fight cancer

SCIENCE

Parasite protein could serve as carrier for drugs

Thandi Fletcher
Metro | Vancouver

A protein harnessed from malaria could be a groundbreaking new tool in the fight against cancer, suggests new research from the University of British Columbia.

The finding comes following a discovery by collaborating University of Copenhagen researchers, who found that a protein produced by malaria attaches itself to a sugar molecule found in the placenta of pregnant women — a molecule that is identical to one found in most cancers.

"It's a big deal," said Mads Daugaard, co-senior author of the study and assistant professor of urologic science at UBC. "This could mean could have a completely new weapon in the fight against cancer."

Researchers made the discovery while investigating why pregnant women are especially susceptible to the mosquito-borne parasite. When scientists discovered how malaria uses the protein to embed itself in the placenta, they theorized that the sugar molecule could serve as a target for anti-cancer drugs, and that the protein, called VAR2CSA, could be used as a tool to carry drugs to tumours.

To put the theory to test, researchers created a drug compound by attaching a toxin to the protein, which they used to treat mice implanted with three types of human tumours.

In mice carrying non-Hodgkin's lymphoma, the drug was successful in reducing tumours to about a quarter of the size compared to the control group, while in two of the six mice with prostate cancer, the tumours completely disappeared a month after receiving the first dose.

Five out of the six mice with metastatic breast cancer that spread to the bone were cured of the metastatic disease.

"In all cases, we saw a remarkable effect on the tumours," said Daugaard.

"If this turns out to be a viable approach … then we would we would potentially have an opportunity to target any type of cancer."

> **… we would potentially have an opportunity to target any type of cancer.**
> Mads Daugaard

Even more promising, he said, is that none of the mice showed any adverse side effects.

Their organs also appeared to be unharmed by the therapy.

Daugaard said he believes the drug could be used in combination with other cancer treatments like chemotherapy and radiation in the future.

Two companies, Kairos Therapeutics in Vancouver and VAR2 Pharmaceuticals in Copenhagen, are developing a drug compound to test its safety in the first phase of human clinical trials, which are expected to take place in four years.

Mads Daugaard, assistant professor of urologic science at UBC, says this discovery is a "big deal" and could be a new weapon to combat tumours. CONTRIBUTED

Riding Profile: Delta

ELECTION 2015 Metro looks at ridings across the Lower Mainland to find out what candidates think are the biggest issues and why people should vote for them.

ON THE RECORD Metro asks candidates

INCUMBENT:
Kerry-Lynne Findlay — Cons.

POPULATION:
100,588

Candidates' comments have been edited for space

Anthony Devellano – Green

What is the most important issue in your riding?

The biggest issue facing Delta currently is that we have no vote in Ottawa. Kerry, our Conservative incumbent, is smart and experienced; but every vote on every law she makes in Ottawa on Delta's behalf is decided by Stephen Harper. Stephen Harper doesn't live in Delta, or care about Delta. Stephen Harper only cares about Stephen Harper.

Why should people vote for you?

Delta should vote for me because I'm the only of the four candidates who won't have my vote whipped by an Eastern Canadian-centric leader. If you elect Carla the Liberal Candidate; Justin Trudeau will decide all her votes in Parliament. With Jeremy of the NDP, it's all up to Mulcair. Delta needs true representation in Ottawa, not another whipped Member of Parliament.

Carla Qualtrough – Liberal

What is the most important issue in your riding?

There is no question that Delta voters want a plan to grow the local economy that creates new opportunities but still respects environmental concerns. A strong plan for Delta recognizes that economic and environmental issues are fundamentally linked. Connected to every local issue is the recognition that our local ecology is unique and significant. Voters are disappointed with their local Conservative MP and I seek to regain trust and transparency as the representative in Ottawa.

Why should people vote for you?

I love my community and am prepared to serve it well in Ottawa. I have a proven record delivering results for communities. Our community must be at the heart of decision-making. People need a representative who listens to them and who responds.

Jeremy Leveque – NDP

What is the most important issue in your riding?

This election is one of the most important elections in Delta's history. On October 19th we will make a decision not just about who would best represent the people of Delta in parliament but also about the kind of Canada we want to live in today and leave to future generations. For me, that means voting against the fearful and divisive politics of Stephen Harper and, instead, choosing an NDP government based on positive, hopeful change.

Why should people vote for you?

I grew up in Delta and I live here now. This is my home. Delta was, and still is, a wonderful place to raise a family. I want to make sure that generations to come have the same opportunities to grow and flourish that I did. I have the local knowledge and experience to be Delta's champion, ensuring that the issues important to the people of Delta are represented in Ottawa.

Kerry-Lynne Findlay – Conservative

What is the most important issue in your riding?

The one issue that I keep hearing from residents is concerns over who has the right plan to manage our country's economy. I'm hearing loud and clear that Deltans want someone with experience and proven leadership, both at the local and national levels, who can make the tough decisions. Voters are nervous of high-tax, high-spend agendas that will eliminate jobs and cause serious harm to our economic prosperity.

Why should people vote for you?

As the MP for Delta, I will continue my record of working diligently for the interests of our community, addressing the concerns of our residents, bringing federal investments, and working collaboratively with other levels of government to get results. As a proud resident of Delta, I look forward to continuing to work on behalf of Delta residents to give Delta the voice it deserves.

All three major party leaders were in the Greater Toronto Area on Tuesday, as polls suggest swathes of Ontario are up for grabs. JONATHAN HAYWARD/THE CANADIAN PRESS

Tories aim for Grits' tax plans

ELECTION 2015

Harper's 'cash on the table' stunt may be for attack ads

Conservative Leader Stephen Harper is literally putting cash on the table in an effort to halt the momentum of Justin Trudeau's Liberals in the closing days of the federal election campaign.

With just five days of campaigning left before Canadians go to the polls next Monday, the Conservatives have twice staged low-tech stunts designed to illustrate how much they say Liberal tax changes will cost voters as Harper attempts to pick apart the Liberal platform.

The prime minister played the role of game show host again Tuesday at a partisan rally in west-end Toronto, calling out Liberal tax increases as a pizza store owner counted bills onto a table to the backdrop of a loudly ringing cash register.

"The tax hikes the Liberals talk about, they are not just numbers in a pamphlet," said Harper, without jacket or tie and with his blue shirt sleeves rolled up.

"They are real dollars and I want to show you again today what the payroll tax hikes look like."

Conservative party videographers took tight shots as pizza store owner Dino Ari laid bills on a table to repeated "ka-chings" from a cash register.

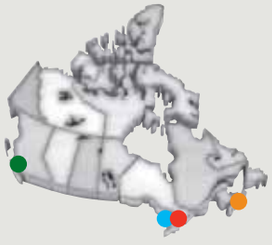
"Hand it over, Dino," Harper coached. "I hope you counted that carefully."

The Conservatives staged a similar display on the Thanksgiving weekend and the stunt appears destined for party advertising in the final moments of this extraordinary 78-day campaign, the longest in modern Canadian history.

An estimated 1.2 million voters cast ballots in advance polls Monday, according to Elections Canada, bringing the four-day holiday weekend total to more than 3.6 million ballots cast. That's an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held.

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in Brantford.
- **Justin Trudeau** will be in Ontario in Hamilton, Welland, St. Catharines and Ajax.
- **Tom Mulcair** will be in Dartmouth, N.S., and L'Assomption, Que.
- **Elizabeth May** will be in Vancouver

MEDIA FREEDOM

Harper 'betrayed' me: Mohamed Fahmy

Freed journalist Mohamed Fahmy lashed out at Prime Minister Stephen Harper on Tuesday, accusing him of washing his hands of his case when intervention with the highest levels of the Egyptian government was most needed.

Speaking at a news conference in Toronto, Fahmy said he initially refused to believe Harper was not bringing his full weight to bear on Egyptian authorities.

"While you here citizens in Canada and around the world clearly understood the urgency of the situation we faced in prison in Egypt, the Harper government did not," Fahmy said.

"Sitting in that prison cell, it was difficult not to feel betrayed and abandoned by Prime Minister Harper."

Instead of taking action to lean on the Egyptian President Abdel-Fattah el-Sissi, Fahmy said Harper turned the case over to lower-level members of his government who simply didn't have the power to help.

Fahmy, who finally arrived in Toronto on Sunday after el-Sisi pardoned him, met Liberal Leader Justin Trudeau on Monday evening and NDP Leader Tom Mulcair on Tuesday to talk about issues of media freedom.

Both opposition leaders had tried to help during his long ordeal and the meetings, he said, were not to be taken as a political endorsement for the Oct. 19 election.

"I'm a journalist; I cannot endorse anyone," he said after meeting Mulcair.

Still, he expressed gratitude to the NDP leader and party for their support.

"You do know who I am not voting for. That's for sure."

THE CANADIAN PRESS

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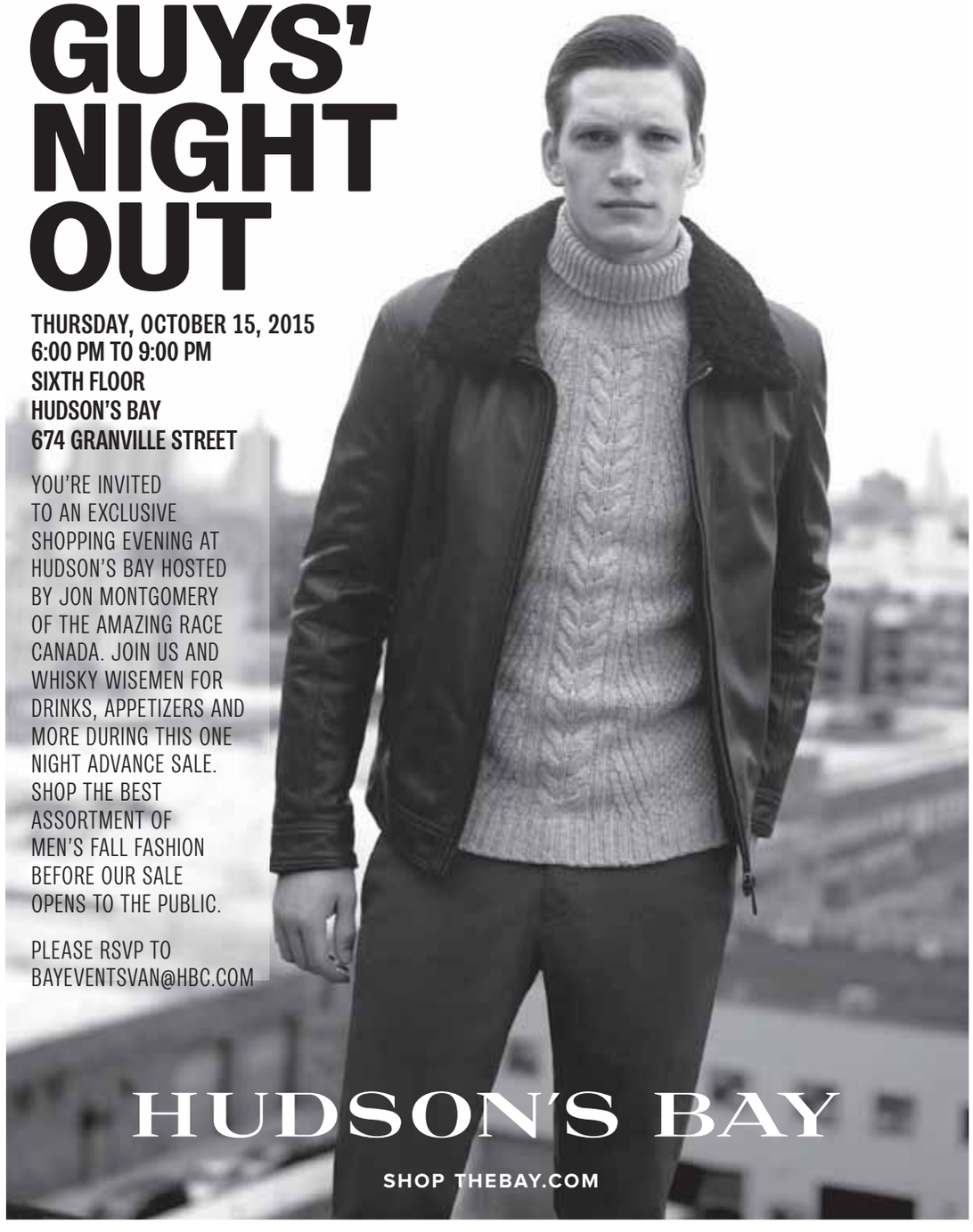

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READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

BITUMEN: IT ISN'T OIL, IT'S
ASPHALT
When all the trees are cut down
When all the animals are dead
When all the waters are poisoned
When all the air is unsafe to breathe
Only then will you discover....
YOU CANNOT EAT MONEY

Protesters march during a rally held in Vancouver in June last year to show opposition to the Enbridge Northern Gateway pipeline. Use of social media, the spread of "citizen journalism," and the involvement of young people are among the key trends highlighted by a federal analysis of protest activity in Canada over the last half-decade. THE CANADIAN PRESS FILE

Talking 'climate change lite'

ROSEMARY WESTWOOD
Metro

So much for climate change in this election.

No, no. I get it. We've got a lot going on. There's the stumbling economy, a global refugee crisis, child-care worries, housing problems, growing income inequality and, of course, the niqab.

So what, I guess, that Canadians still rank climate change high on their list of voting priorities?

This could have been the big one. The election where fear over climate change and federal policy finally got into bed together. The election where leaders offered bold visions of the future. A pivot from the oilsands, towards something new.

It's only partly our fault. Our elected leaders are also to blame.

But let's start with you, earnest voter who is worried about the health of our environment.

You are all but certainly not voting Conservative.

If you were to vote based on purely environmental policies, you would vote Green, the party that remains the most comprehensive on climate change and the environment.

Perhaps you're one of the 3.9 per cent of Canadians who did vote Green in 2011. More likely, your vote is destined for the NDP or the Liberals. Of the two, the NDP has the more aggressive emissions-reduction target (actually, the Liberals have no target whatsoever), but really, let's be honest: Whether you vote NDP or Liberal, you'll assume it's a vote for the environment because both are so dramatically better than the Conservatives on this. It's the equivalent of asking someone out to a fancy dinner, ending up at a burrito joint, and saying at least it's not McDonald's.

> **It's not like they're making it central to their campaigns.**
> Matthew Paterson

But like I said. It's only partly your fault. How can you take someone out for a $50 steak when no one (viable) is selling it?

"It's not like they're making it central to their campaigns," says Matthew Paterson, a politics professor at the University of Ottawa and a fellow at the Broadbent Institute.

A supreme understatement.

"I've been completely appalled by the level of discourse in this campaign," says David Boyd, an environmental lawyer, professor and author of the new book The Optimistic Environmentalist.

"The world is changing. The dramatic upsurge in renewable energy generation, the huge economic potential of clean tech, these are revolutionary economic shifts that are underway." Our "myopic focus" on fossil fuels, pipelines and coal, is bad economic policy, too, he says.

Louise Comeau, executive director of Climate Action Network Canada, the coalition of Canada's leading environmental groups, calls the election "worse than a missed opportunity — almost irresponsible." Continuing to present the economy and environmental protection as at odds is "putting the country at risk of really damaging our economy," she says.

The UN would agree. It backed a report released last month that warned our resource-based economy is in danger as the other nations strive to reduce their energy consumption.

To absorb the media in the last few years, in particular last year's UN's Intergovernmental Panel on Climate Change report, is to assume climate-change Armageddon is one domino away.

And yet, in the midst of this global frenzy over the fate of the earth, the Canadian federal election campaign comes along, and the main message is about the little picture. Income splitting, taxes on the rich, balanced or unbalanced budgets, niqab, niqab, niqab. Only the Greens are explicitly against pipelines. All other parties are talking climate change lite.

And perhaps we're only one round of electoral reform away from a campaign where you wouldn't have to be so afraid to vote Green, for fear you'd let the very opposite hold on to power.

But the Greens have been offering heavy environmentalism for years now, and only a fraction of us have been biting. Any politico will tell you, it's the economy, stupid.

So, dear voter, it's us — and it's them. And I'm fairly sick, by now, of hearing that Canadians care about climate change. I'd rather see this country vote like it.

Maybe next time?

2015 ELECTION COUNTDOWN

Rosie Westwood reflects on the key issues.

- TUES. Women
- **WED. Environment**
- THURS. Canadian values
- FRI. Youth engagement

QUICK GUIDE
ENVIRONMENT

Here's a breakdown of climate-related promises and legislative measures from the **NDP**, **Liberals**, **Conservatives** and **Greens**.

	ON CARBON EMISSIONS	ON PROPOSED PIPELINES
NDP	• Pledged to reduce emission by 34% below 1990 levels by 2025, and 80% by 2050. • Would create cap-and-trade to set carbon market price. • Would redirect fossil-fuel subsidies to clean-energy.	• Opposes Enbridge Northern Gateway pipeline. • Calls for more rigorous reviews of TransCanada Energy East pipeline. • Opposes TransCanada Keystone XL pipeline.
Liberals	• Would allow provinces to set prices on carbon. • Would consult with provinces to set-reduction targets. • Would phase out fossil-fuel-industry subsidies.	• Oppose Northern Gateway • Support Energy East. • Support Keystone XL.
Conservatives	• Promised to reduce emissions by 30% below 2005 levels by 2030 • Pledged to move to a low-carbon economy by 2050 and eliminate fossil fuels by century's end.	• Approved Northern Gateway. • Support TransCanada Energy East. • Support TransCanada Keystone XL.
Greens	• Would tax carbon emissions, with proceeds going to individual citizens via a "carbon dividend."	• Oppose all pipeline projects but support refining bitumen in Alberta, provided oilsands development is limited to current levels.

LATEST POLL **LIB 37%** **CON 31%** **NDP 24%** Source: Ipsos Reid/Global

Ballot selfies a no-no

ELECTION 2015

Showing your marked vote makes you a mark for fines

Shane Gibson
Metro | Winnipeg

Posting while outside the polling station is great. Posting your ballot — like the person on the right did — is a no-no. INSTAGRAM

Elections Canada wants you to know you are more than welcome to smile while voting — you just can't say cheese.

After 3.6 million Canadians hit the polls for early voting over the long weekend — and as millions more get ready for the big day Oct. 19 — Elections Canada is reminding voters that taking a selfie while casting your ballot is a big no-no.

In fact posting a duck-face selfie with a marked ballot could land you in jail.

"Voting is secret.... You are not supposed to take selfies," said Elections Canada spokeswoman Marie-France Kenny.

"According to Section 489 of the Act … it's a summary conviction offence punishable by a maximum fine of $1,000 or a three-month prison term."

While it's not against the rules to take a picture while waiting to vote at the polls, Kenny said it's a big-time offence to openly state who you are voting for while inside the polling station — which, of course, would happen if you post a photo of your marked ballot.

Kenny suggests voters play it safe and leave their phones in their pockets until they're outside the polling station.

That's what Kerry Bertoncello-Dale did after voting in Winnipeg over the weekend.

The 24-year-old says he posted a photo of himself next to the yellow Elections Canada sign outside his polling station to remind his friends to vote.

"I did it to raise awareness and to show everybody that I went and voted," said Bertoncello-Dale. "We're in such an electronically charged age, and a lot of people pay attention to Facebook, Twitter and Instagram for news. I think when people see people their age voting, they say, 'Maybe I should look into this and vote.'"

If Elections Canada finds out about a photo of a marked ballot, they inform the commissioner of Canada Elections, who can start an investigation.

EMERGENCY PREPAREDNESS

Quake drill shakes things up in B.C.

Get ready for the Great Shakeout. On Thursday, drills in British Columbia and Quebec will provide people with the opportunity to learn how to be safer during earthquakes.

B.C. organizers say 750,000 people have registered for that province's event, which will see participants drop to the ground at 10:15 a.m. local time, take cover by getting under a table or desk and hold on for about 60 to 90 seconds.

The exercise, which happens yearly on the third Thursday in October, was first held in British Columbia in 2011.

Alison Bird, a seismologist with Natural Resources Canada, is urging Canadians to take steps to prepare for an earthquake — not just in southwestern B.C. where there's a high risk— but across the country.

She stresses the worst thing a person can do is to run through a building.

Over the centuries, earthquakes in Canada have claimed at least 30 lives, with most of them victims of a tsunami that hit Newfoundland in 1929.

Bird says there are approximately 4,000 earthquakes a year in the West and about another 2,000 in the East.

Her colleague, Maurice Lamontagne, who monitors Eastern Canada, says there are three active seismic zones in Quebec.

People living on Moresby Island, off the B.C. mainland, have been coping with their share of earthquakes over the years.

Bill Beldessi, director of Moresby Island regional district, remembers the 2012 quake in the Haida Gwaii region — 7.8 on the Richter scale.

"I was in bed and I noticed the light fixtures started making noises and a few things dropped off the wall and then a couple of aftershocks happened within five minutes," he recalls.

Beldessi, 66, says everyone headed for higher ground.

That threat of massive tidal waves prompted the community to set up an emergency centre.

"That's what we're doing right now," he said. "We have a tsunami centre up in the hills and it's full stocked.

The hazard decreases further inland and while provinces like Saskatchewan and Manitoba can experience quakes, the threat there is low. THE CANADIAN PRESS

Report hints rebels shot down MH17

UKRAINE

Russians deny involvement

The missile shot skyward from war-ravaged eastern Ukraine. With deadly accuracy more than nine kilometres up, it detonated just in front of the Malaysia Airlines jetliner, sending hundreds of jagged steel shards ripping through its aluminum skin at up to 9,000 km/h and shearing the cockpit from the rest of the plane.

The two pilots and purser in the cockpit died instantly, and the Boeing 777 disintegrated and fell to earth, killing the rest of the 298 men, women and children aboard Flight 17 on July 17, 2014, Dutch investigators said Tuesday in a long-awaited report.

Some of the victims may have been conscious for 60 to 90 seconds, the Dutch Safety Board said, but they probably were not fully aware of what was happening in the oxygen-starved, freezing chaos. The tornado-like airflow surging through the doomed jet as it came apart was powerful enough to tear off people's clothes and leave naked corpses amid the fields of sunflowers.

With the reconstructed cockpit displayed behind, Tjibbe Joustra, head of the Dutch Safety Board, presents the board's final report into what caused Malaysia Airlines Flight 17 to break up high over Eastern Ukraine last year, killing all 298 people on board. PETER DEJONG/THE ASSOCIATED PRESS

The 15-month Dutch investigation blamed a Soviet-made surface-to-air Buk missile for downing the Amsterdam to Kuala Lumpur flight, but it did not explicitly say who fired it. It identified an area of 320 square kilometres where it said the launch must have taken place, and all of the land was in the hands of pro-Russian separatists fighting Ukrainian forces at the time of the disaster, according to daily maps of fighting released by the Ukrainian National Security Council.

The Dutch Safety Board also found that the tragedy wouldn't have happened if the airspace of eastern Ukraine had been totally closed to passenger planes as fighting raged below.

Russian officials were prompt to dismiss the Dutch report, with Deputy Foreign Minister Sergei Ryabkov calling it an obvious "attempt to make a biased conclusion, in essence to carry out a political order."

THE ASSOCIATED PRESS

U.S. DEMOCRATIC PRIMARY

Clinton goes on the offensive in debate

Hillary Rodham Clinton and Sen. Bernie Sanders clashed over U.S. involvement in the Middle East, gun control and economic policy in the first Democratic presidential debate Tuesday, outlining competing visions for a party seeking to keep the White House for a third straight term.

Yet in a moment of political unity — and levity — Sanders leapt to Clinton's defence on the issue of her controversial email practices as secretary of state.

> **The American people are sick and tired of hearing about your (Clinton's) damn emails.**
> Bernie Sanders

"The American people are sick and tired of hearing about your damn emails," Sanders exclaimed as the crowd in Las Vegas roared with applause. A smiling Clinton reached over to shake his hand and said, "Thank you, Bernie."

While the five candidates onstage took issue with each other, they also repeatedly sounded traditional Democratic themes — such as fighting income inequality — that are sure to carry over to the general election campaign against the Republicans.

First, the Democrats must choose their own candidate. And throughout most of the two-hour debate, Clinton played the role of aggressor, an unexpected shift for a candidate who had barely mentioned her Democratic rivals since launching her campaign six months ago. Until now, Clinton and Sanders — who has emerged as her toughest competition — have circled each other cautiously and avoided personal attacks.

Joining Clinton and Sanders on stage in Las Vegas was a trio of low-polling candidates looking for a breakthrough moment: former Maryland Gov. Martin O'Malley; Jim Webb, a former Navy secretary and U.S. senator from Virginia; and Lincoln Chafee, the Republican-turned-independent-turned-Democrat from Rhode Island.

THE ASSOCIATED PRESS

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Jason Lisle earned his Ph.D. in astrophysics at the University of Colorado in Boulder, where his research specialized in the solar photosphere. Dr. Lisle then focused on apologetics ministry, writing and speaking on science topics and the defence of the Christian faith. His most well-known book, "The Ultimate Proof of Creation", demonstrates that biblical creation is the only logical possibility for origins!

Dr. Jason Lisle

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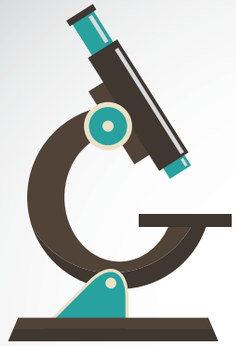

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Twitter loses characters

EMPLOYMENT

Purge marks company's first mass layoffs in 9-year history

Twitter is laying off up to 336 employees, signalling CEO Jack Dorsey's resolve to slash costs while the company struggles to make money.

The cutbacks announced Tuesday could equate to about eight per cent of Twitter's workforce of 4,100 people.

The purge comes two weeks after Twitter brought back one of its co-founders as permanent CEO in hopes that Dorsey would be able to resolve problems that have slowed user growth at the messaging service and compounded an uninterrupted cycle of financial losses.

Cutting costs can boost profits, but at Twitter, it has also raised uncertainty about the future, the company's pursuit of faster growth and its ability to attract a larger audience.

Downsizing signals Twitter's push to slash costs as it tries to make money. THE ASSOCIATED PRESS

The layoffs may be a sign of desperation at a sinking company, said Edison Investment Research analyst Richard Windsor.

"It is important to run a tight ship, but simply cutting jobs is often the action of a company that does not know what else to do," Windsor said.

> **Cutting jobs is often the action of a company that does not know what else to do.**
> Richard Windsor

Dorsey told Twitter employees in a Tuesday letter that a more streamlined company will result in more products rolling out more quickly. "We feel strongly that engineering will move much faster with a smaller and nimbler team," Dorsey wrote.

Twitter's workforce has nearly doubled over the past two years, hindering efforts to turn a profit for the first time in its nine-year history. Since Dorsey and his partners started the service, Twitter has lost nearly $2 billion US.

Dorsey has acknowledged that Twitter is too confusing for many people to use, turning off new users at a time when other social services such as Snapchat and Facebook's WhatsApp have grown in popularity.

As part of its revival plan, Twitter last week unveiled a new feature called Moments that packages commentary, video and photos about major events that have captured people's attention. The work on Moments began while Dorsey's predecessor, Dick Costolo, was still Twitter's CEO.

After returning as CEO, Dorsey promised to make Twitter even more accessible to the masses by next year. Jettisoning jobs will give Twitter more financial leeway while it designs new tools.

Retrenching will cost Twitter $10 million to $20 million, mostly to pay for employee severance packages.

THE ASSOCIATED PRESS

IN BRIEF

Beer giants AB InBev, SABMiller to join forces

The world's top two beer makers agreed Tuesday to join forces to create a company that would control nearly a third of the global market and bring together leading U.S. brands Budweiser and Miller Genuine Draft. After turning down five offers, U.K.-based brewer SABMiller accepted in principle an improved takeover bid worth $106 billion US from Anheuser Busch InBev, which along with Budweiser makes Corona, Stella Artois and Beck's.

THE ASSOCIATED PRESS

market minute

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Born this way: A large California study of identical twins has found genetic modifiers that accurately predict sexual orientation — spurring worries over misguided "cures" and "tests" for gayness.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I am hosting a birthday dinner this weekend and invited a bunch of different people, including some with extreme views. How can I stop them from arguing about the election and spoiling supper?

Dear Ellen,

I am hosting a birthday dinner this weekend for a friend who has invited a bunch of different people, including some with extreme political views. How do I stop them from arguing about the election and spoiling the whole dinner party?

Sine, Winnipeg

Dear Sine,

Isn't it funny how people we disagree with have extreme political views, while we invariably see our own political prejudices as firmly held beliefs?

See? I don't even know whether you and I will vote the same way on Monday, and I'm already provoking an argument. Perhaps it's due to years of consorting with loudmouthed journalists, but I rather enjoy lively debate anywhere, including at the dinner table.

Admittedly, my journalist friends tend to see political arguments more as a blood sport than the expression of firmly held beliefs. But this lack of any heartfelt conviction on their part is what makes them so entertaining. They delight in bashing each other with well-researched facts and clever quips without getting emotionally invested,

If you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the dinner party and go straight to your Close Friends on Facebook.

providing pure entertainment for the rest of us.

If you're lucky enough to have friends like these, I suggest you sit back and enjoy the spectacle, stepping in only occasionally, like the Speaker of the House, to restore order when things get too raucous.

If, however, your friends are normal human beings who tend to get emotionally invested in things like the outcome of the election and the future of our nation, you are absolutely right to fear that your dinner party will be spoiled. Outside of couples counselling, where histrionic behaviour is a privilege that's paid for, violently emotional arguments are indecorous to say the least.

There is nothing more boring than passionate blowhards yelling at each other, everyone refusing to change their minds or listen to other points of view, while expecting their own points of view to be heard and other minds to change.

Or, wait, maybe there is something more boring: like when a bunch of passionate blowhards all agree with each other and spend the entire dinner trashing the same tired political targets.

Seriously, if you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the trouble of a dinner party and go straight to your Close Friends on Facebook.

My advice is to avoid either of these boring-blowhard outcomes by choosing one of the following options:

The first is to ban political discussion altogether. Your house, your rules. It may seem peremptory but it's actually polite: you are taking your friends' enjoyment into consideration by ensuring that a dinner party's raison d'être — the conversation — doesn't devolve into an overwrought colloquy of firmly held and sanctimoniously expressed "beliefs."

If you can't shut up the blowhards, the second option is to try to throw them off their game. When any of the names Harper, Mulcair or Trudeau come up, assume your guests are suggesting a game of date-marry-kill and interject accordingly. Throw in Elizabeth May to mix it up. Segue to Berlusconi, Putin and Sarkozy for the second round. Or Hillary Clinton, Angela Merkel and … hmm … Queen Elizabeth? Steer the conversation toward the lamentable lack of female candidates for this game. Be as emotional or fatuous as you like for as long as it takes to get the blowhards to agree to talk about something, anything, non-political.

And if you can manage that level of misdirection and talking-point discipline, then maybe it's time to run for office yourself.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

An expensive, never-ending episode of What Not to Wear

Diane Baker Mason
For Metro

When I was in Grade 8 — back when the earth was cooling — the girls at our public school staged a revolution against the board of education's dress code. It forbade us from wearing pants, even when it was freezing cold, even though lots of us hated dresses, even though dresses restricted us (just try to slide into third wearing a dress and not show your underwear).

The school board made strained arguments: girls and women wearing pants were immodest, unattractive, even unhealthy. But times were changing — this was 1970, after all! — and the girls made a huge fuss. Before long, an announcement was made. We could wear pants. Finally, we were free.

Perhaps that's why, in my own middle-aged, middle-class, secular white-woman cultural bubble, I dislike the idea of niqabs and burkas. They seem an affront to freedom. I, personally, cannot imagine choosing to wear one, and I feel a frisson of horror at the idea of being forced to do so. Perhaps I can justify this by observing that there are regimes in this world that restrict women's freedoms by legislating that they veil completely. But I remind myself that this is Canada. Canadian law does not require women to veil.

It also does not require them to take their veils off.

Despite this, our government has waged a legal war on a woman named Zunera Ishaq, using a quarter-million dollars of taxpayers' money. It pursued her through the courts, trying to force her to remove her veil when she took her oath of citizenship, arguing her covered face was "disrespectful" — as weak an argument as the ones the school board made. The courts rejected it. Even so, the government won't give up. It's taking it to the Supreme Court.

That court has interpreted the Charter of Rights and Freedoms to require that reasonable accommodation be made for Canadians' religious and cultural garb. No law that violates someone's rights (as does the provision in the Citizenship Act that requires a woman to unveil in public) is allowed to stand. Instead, she is allowed to remove her veil in private. Harper knows this, but he continues to pursue Ishaq, knowing that to many ignorant and fearful voters, he appears to be protecting national security.

In fact, the Charter protects Ishaq — from her own government's imposition of an unfair law. Veiled women are entitled to the protection of the Charter. Just like us schoolgirls, they are allowed to wear what they want.

Because, after all, it's a free country.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

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Amanda Lang leaves the CBC to pursue a "new opportunity"

A look back at the non-nudes

Hugh Hefner and actress Barbara Benton arriving at Le Bourget airport with the Playboy jet Big Bunny in 1970. The magazine that helped usher in the sexual revolution by bringing nudity into America's living rooms – or at least its sock drawers – announced this week that it will no longer run photos of completely naked women. STRINGER/AFP/GETTY IMAGES

MAKING HISTORY

Feminism, murder, politics: A retrospective

Seeing its circulation plunge thanks to high-definition porn, Playboy will soon be covering up its Playmates. But history remembers the skin mag for much more than photos of naked women. A look at significant events in its six-decade history:

1 A Bunny's Tale
In this 1963 exposé, Gloria Steinem described her time as an undercover bunny waitress. The feminist icon wrote of long, often dull hours.

2 'Adultery in my heart':
Jimmy Carter stirred things up in 1976 when as a presidential candidate, he told Playboy he had "committed adultery in my heart many times," while quoting from the Bible to say that "anyone who looks on a woman with lust has in his heart already committed adultery."

3 Star 80
Dorothy Stratten of Vancouver was named Playmate of the Year in 1980 and murdered by her estranged husband shortly after. Her life and death were the topic for the 1983 film Star 80, starring Mariel Hemingway and Eric Roberts.

4 AIDS activist
In 1994, former model Rebekka Lynn Armstrong of California announced that she had tested positive for HIV in 1989. Armstrong, who appeared in the magazine's September 1986 issue, became an HIV/AIDS activist and safer sex educator.

5 Big nyet
The Russian Academy of Sciences sued Playboy's Russian edition in 1996 for featuring nude and semi-nude portraits of famous Russian woman including Catherine the Great.

6 Spousal abuse 'advice'
The Romanian edition of Playboy ran an article in 2000 called, How to Beat Your Wife Without Leaving Traces. When called on the carpet by Christie Hefner, Playboy Enterprises' chairman and CEO, the magazine's Romanian deputy editor-in-chief said it was just an April Fools' joke.

7 Literary coup
Playboy won first serial rights to a novel that writer Vladimir Nabokov wanted burned. Instead of destroying The Original of Laura, Nabokov's only surviving heir decided to publish it and Playboy scooped up the rights in 2009.

8 Get Bart out of the room!
In an effort to attract readers in their 20s, Playboy's editors put cartoon character Marge Simpson on the cover of the November 2009 issue.

TORSTAR NEWS SERVICE

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2004	Ford Expedition	$3,888	#6280
2007	Chrysler 300 Limited	$6,888	#6529
2008	Hyundai Sonata GLS	$6,995	#5969
2009	Chevrolet Impala LT	$6,995	#6201
2012	Fiat 500 Sport	$9,995	#6220
2013	Hyundai Sonata	$13,777	#5758
2012	Mitsubishi Spyder Convertible	$14,995	#0655
2015	Kia Sorento AWD	$22,888	#6564
2015	Buick Lacrosse	$26,995	#6559
2015	Hyundai Genesis	$33,995	#6556
2012	BMW X6	$38,888	#6352

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JLaw minds Hollywood wage gap

PAY ATTENTION

Oscar-winning and afraid to negotiate, not be likeable

Jennifer Lawrence says she blamed herself for failing as a negotiator when she learned from the leaked Sony emails that her male co-stars were paid more for American Hustle.

The Oscar-winning actress wrote in an essay for the online newsletter Lenny on Tuesday that she didn't want to fight for millions of dollars, partly because she didn't need the money and partly because she didn't want to come across as "difficult" or "spoiled."

Lenny is a recently launched weekly newsletter from Lena Dunham and her Girls executive producer Jenni Konner.

THE ASSOCIATED PRESS

Jennifer Lawrence
THE ASSOCIATED PRESS

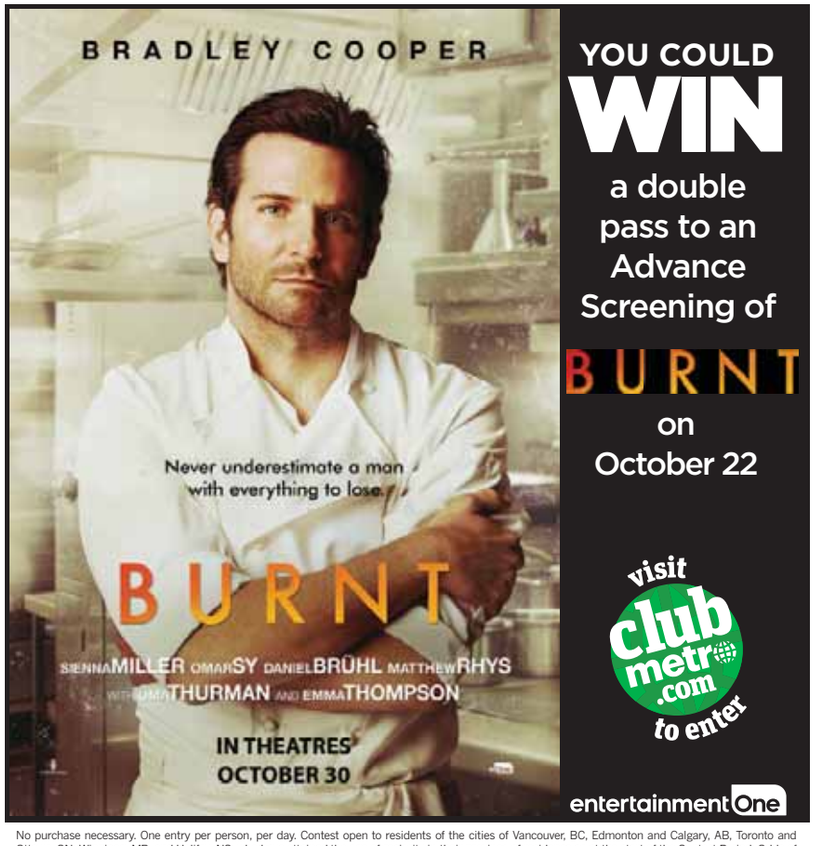
OPINION PIECE

Adorable no more

In the thoughtful essay, Lawrence wonders if she's wasted her time trying to be likable while her male counterparts are commended for being fierce.

She ultimately concludes that she's "over" finding adorable ways to state her opinion.

BOND BREAK ACTOR INSPECTS UN DEMINING Daniel Craig's globetrotting brought him to Cyprus, but not to film any scenes as James Bond. The British actor was on the eastern Mediterranean island Tuesday to inspect the United Nations' work in clearing minefields, a vestige of the conflict that divided this island along ethnic lines more than four decades ago. The UN has removed more than 27,000 landmines from the island's buffer zone over the last decade but it's estimated that thousands more remain. "I've much hope that I will be the first and last global advocate to see land mines on this beautiful island," said Craig. THE ASSOCIATED PRESS



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BRIEF

Styles goes full monty on Segway

According to the boys in 5 Seconds of Summer, touring with One Direction can be more than a little revealing. Band member Ashton Irwin tells Alan Carr during an interview that backstage at one tour stop, Harry Styles stunned the band by zipping around completely naked on a Segway.

"It was just once. I saw full-on ball-sack," Irwin says before Michael Clifford adds, "The worst part was that Luke [Hemming]'s mom was standing right there, and he comes in on the Segway, just butt naked, sees Luke's mom and turns around."

Irwin added: "It was like his first time on a Segway, too, so it was kind of awkward turning around and trying to hide things at the same time."

NED EHRBAR/METRO HOLLYWOOD

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SHOPPERS DRUG MART

The sweet side of figs

RECIPE

This versatile fruit can make a simple snack or fancy fare

Rob Gentile, chef-owner of a trio of Buca restaurants in Toronto, says eating a voluptuous fig straight from the tree is an incredible experience.

"You should eat it sitting down," Gentile says, "and reflect on how good it is."

While finding a truly delicious fig in Canada can be frustrating, that doesn't stop him from cooking with them. He poaches the fresh fruit in sugar syrup with grappa and espresso for his brunch menus, and insists that figs, pork blood and chocolate, a regional Italian specialty, make a "heavenly" combination.

But don't think figs need to be complicated. A simple snack like a bagel or slice of toast smeared with cream cheese and topped with mashed fig halves is easy and delicious.

California Fig Pizza

Adapted from the California Fig Advisory Board.

Caramelized shallots:

- 2 Tbsp (30 mL) butter
- 5 shallots, peeled and sliced thin
- 1 Tbsp (15 mL) molasses
- 2 Tbsp (30 mL) sherry or balsamic vinegar
- Salt and freshly ground black pepper to taste

Pizza

- 400 g fresh pizza dough, at room temperature, cut in half
- 4 fresh figs, sliced 1/4 inch (.5 cm) thick
- 1 Tbsp (15 mL) extra virgin olive oil
- Salt and freshly ground black pepper to taste
- 2 oz (60 g) goat cheese, crumbled
- 2 Tbsp (30 mL) grated or shaved Parmigiano-Reggiano cheese
- 4 thin slices Prosciutto di Parma, cut in strips
- Garnish: arugula sprigs

1. For caramelized shallots, melt butter in large saucepan and cook 5 to 10 minutes or until soft and golden brown. Stir in molasses and vinegar; season to taste with salt and pepper. Cook, stirring, until liquid is absorbed. Set aside.

2. Place pizza stone or heavy baking sheet in oven and preheat to 500F (260C).

3. Place half the dough on a 12x12-inch (30x20 cm) piece of parchment paper. Roll into a 9-inch (23 cm) circle with lightly floured rolling pin. Brush with half the olive oil and spread half the caramelized shallots over all, leaving a 1/2-inch (1 cm) border.

4. Arrange slices from two figs 1/2-inch (1 cm) apart over shallots and season lightly with salt and pepper.

Sprinkle half the goat cheese and 1 Tbsp (15 mL) Parmigiano evenly over all. Transfer sheet with pizza to preheated pan and bake 10 to 15 minutes or until cheese and edge of crust are lightly browned.

5. Repeat with second pizza or bake both at the same time. Transfer to cutting board, cool slightly then cut in wedges. Garnish with sliced prosciutto and arugula.

Serve warm or at room temperature. Makes two nine-inch pizzas.

TORSTAR NEWS SERVICE

$15M

The value of the figs (4,423 tons) Canadians imported from California in 2014, according to the California Fig Advisory Board.

TORSTAR NEWS SERVICE

This California Fig Pizza features caramelized shallots and Prosciutto di Parma . TORSTAR NEWS SERVICE

Federal election day is Monday

Are you ready to vote?

If you're a Canadian citizen, 18 or older, you can vote in the federal election.

Your voter information card tells you when and where to vote.

If you didn't receive your card, you can still register and vote at your polling place.

To find out where to vote, and what ID to bring, visit **elections.ca** or call **1-800-463-6868 (TTY 1-800-361-8935)**.

Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015

Elections Canada

Getting stuck on barnacles

SUSTAINABILITY

This weird and tasty creature can be enjoyed guilt-free

Theresa Albert
For Metro Canada

Gooseneck barnacles have a calamari feel and taste somewhat briny. THERESA ALBERT

"Sustainable" has become the sweetest word on every foodie's lips. It is today's conundrum to choose foods that are affordable, delicious and good for both you and the planet.

Ocean Wise is a program established by the Vancouver Aquarium that is one of 18 organizations working together across North America to help save our oceans but keep us eating delicious fish. They estimate that 90 per cent of the world's predatory fish are gone already. This is why they certify fisheries and keep up-to-date suggestions on which fish to enjoy.

One of the newest species on the recommended list is the gooseneck barnacles that you may be seeing on restaurant menus this season. A delicacy in Spain and Portugal, where they are called percebes, the shell is inedible but the protruding foot has a calamari feel, which tastes somewhat briny.

Given the cost — ranging from $16 to $30 for an appetizer or $20/lb. to buy them from the fishery — they are usually the fare of higher-end restaurants. Typically, they're served as one or two in a dish that will take on the accompanying flavours, much like mussels in garlic broth. This unfortunate-looking tiny shellfish is harvested by hand by the Nuu-chah-nulth First Nations fishery in B.C. The barnacles have a short shelf life, so fishermen do not harvest them until they receive an order.

Consuming barnacles, which are lower on the food chain, is more Earth friendly than consuming the increasingly rare predatory fish.

But you don't have to go all the way to barnacles — maybe sardines instead of salmon is a more simple switch.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Apples a core part of booze products

Peter Rockwell
For Metro Canada

If you'd asked me a year or so ago if grapes were in danger of not being the highest ranking pieces of fruit to produce alcoholic beverages, I would have choked on my Cabernet Sauvignon.

While grapes still rule when it comes to wine production, in today's booze market the apple is making a solid run for the second-most popular flavouring agent in just about everything else.

At the core of the apple's popularity is the rise of cider. Once considered the tipple of the lower gentry, cider has now found mass appreciation across Canada thanks to local artisan producers getting crafty with their creations.

Both beer and spirit makers are seeing dollar signs growing in the orchards, and the Crown Royal Apple Whisky ($26.49-$31.99) takes the classic CR recipe and infuses it with the candied-sweet flavour of Regal Gala apples.

The fruit dominates through to the last drop, making it a smooth and easy-drinking fall season sipper. *Prices reflect the range across the country. Some products may not be available in all provinces.*

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Your essential daily news

Toyota to debut Kirobo Mini, a robotic companion for long road trips, at Tokyo Motor Show

New CX-5 stays on good track

ROAD TESTED

REVIEW

Mazda makes minor tweaks to an already decent ride

Jil McIntosh
For Metro Canada

Few things tick me off more than change for the sake of change. I'm tired of having to track down a grocery item because the package is different, or seeing that my running shoe has been discontinued because its design was more than a year old.

So I was pleased to discover that when Mazda updated its CX-5 for 2016, it only made some minor tweaks to a vehicle that was already a very decent driver.

The grille changes slightly on all models, while my top-line GT gets LED accent lighting and new wheels. The rear seats are more supportive, there's an electric parking brake in place of a lever, and a new infotainment system sits in the dash, controlled by a joystick in the centre console rather than buttons alongside the screen.

The GT also receives navigation as standard equipment.

Two engines are available, starting with a 2.0-litre four-cylinder in the base GX. That trim is front-wheel drive only, and offers a stick shift or automatic. The GS and GT trims use a 2.5-litre four-cylinder with a six-speed automatic. The GS can be ordered in front- or all-wheel drive, while the GT is AWD only.

The CX-5 shares both its platform and that 2.5-litre engine with the Mazda6. Like that sedan, the CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.

My GT tester was optioned with a Technology Package, which adds such items as adaptive cruise control, automatic high-beam headlights, forward collision warning with braking, and a lane departure system that blares a rumble-strip sound out of the stereo speaker if you drift out of your lane. The package also adds satellite radio, though I thought that should have been bundled with the premium stereo that's part of the GT's equipment list.

But be warned: If you opt for this top-line trim, it can be as much as $1,000 more than similarly-equipped rivals. Be sure to check out all the trim levels and features if this Mazda is on your radar.

"The CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.

THE CHECKLIST | 2016 MAZDA CX-5

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.0-litre I4 (155/150); 2.5-litre I4 (184/185)
Transmissions. 6-speed manual (2.0 only); 6-speed automatic
Price. Base $22,995, as-tested $37,295 (plus destination)

JIL MCINTOSH/FOR METRO

COOL FEATURES

- 40/20/40-split flat-folding rear seat
- Blind-spot monitoring
- Wide-angle rearview camera
- Automatic headlight levelling system
- Joystick controller for infotainment screen
- Forward collision alert with low-speed braking
- Lane departure warning system

POINTS

- In addition to minor styling changes and interior improvements, new standard and optional features have been added to all of the trim lines.
- Voice recognition on the navigation system accepts an entire address, rather than saying each line at a time.
- The optional adaptive cruise control keeps a pre-set distance from the vehicle ahead, but it tends to be jerkier than systems from most other manufacturers.

MARKET POSITION

The CX-5 is now the middle child in Mazda's SUV lineup, between the smaller CX-3 and three-row CX-9. It was introduced in 2013, replacing the slightly larger CX-7 that bowed out after the 2012 model year.

THE COMPETITION

Ford Escape
Base price: $23,899

Honda CR-V
Base price: $25,990

Hyundai Tucson
Base price: $24,399

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Judy Jobse, Service Manager

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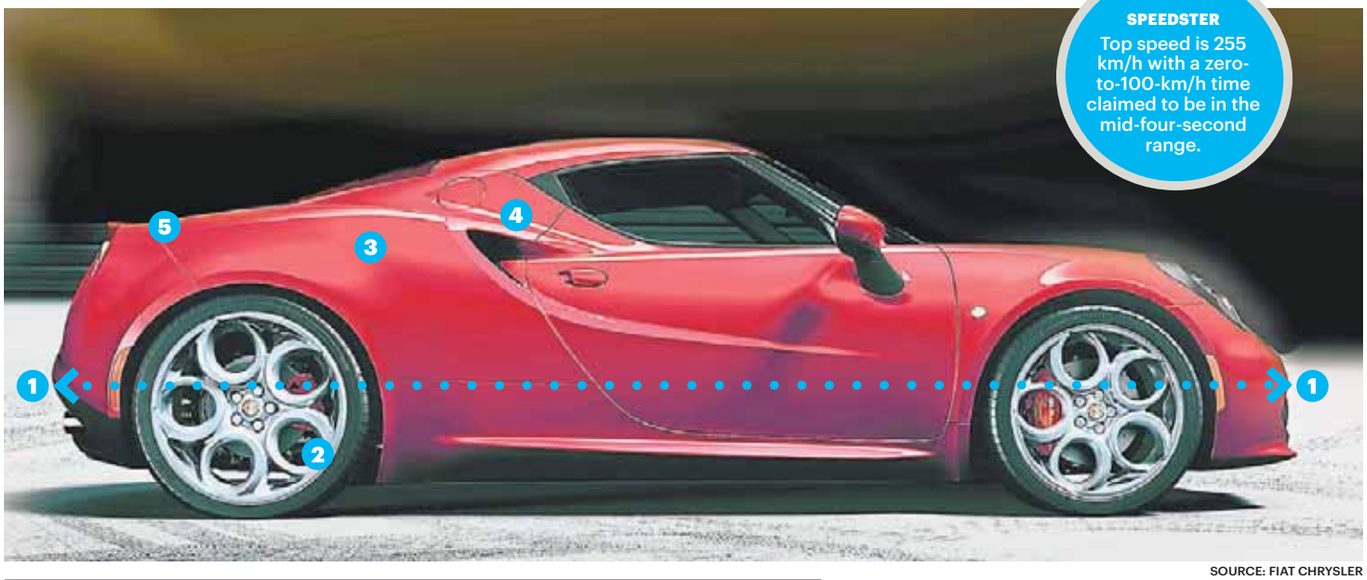
Meet the 2015 Alfa Romeo 4C

It's an exercise in physics, really. Low mass is easier to move. Alfa Romeo returned to the North American market with this car, sold in limited numbers through Maserati dealerships and some select Fiat stores. The key to the 4C is reduced weight through size and material use. At about 300 kilograms less than a Mazda Miata and the same overall length, it doesn't need a big engine to be quick.

JEFF MELNYCHUK WHEELBASE MEDIA



SOURCE: FIAT CHRYSLER

THE RUNDOWN

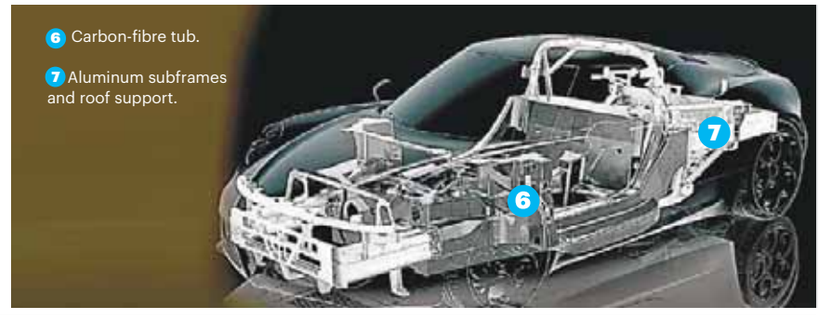
1 Dimensions
It's only about 4.1 metres long, which is about the same as the Mazda Miata, but the 4C is nearly 20 centimetres wider.

2 Wheels
Seventeen-inch front and 18-inch rear wheels are standard; 18/19 are optional.

3 Engine
The 4C has a mid-engine layout and rear-wheel drive. The turbo 1.75-litre four-cylinder engine makes 237 horsepower and 258 pound-feet of torque.

4 Lighter, stronger
Body composite is claimed to be both lighter and stronger than steel and allows complex shapes like this.

5 Storage
Here's a small trunk behind the engine.



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Model shown: Accord Touring CR3F9FKN

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†$1,500/$2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX CVT, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$27,045/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX CVT CR2F3FE/Pilot LX 5AT 2WD YF3H2FE including $1,695/$1,695/$1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Taxes, license, insurance and registration are extra. Offers valid from October 1st through November 2nd, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

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metro SPORTS
Your essential daily news

Roger Federer is out of the Shanghai Masters after losing to Albert Ramos-Vinolas in the 2nd round

MLS

Caps aim to stay strong

With a playoff spot already secure, the Vancouver Whitecaps want to create some positive energy over the final two games of the regular season.

That could be difficult when head coach Carl Robinson can barely fill out a team sheet.

The Whitecaps (15-12-5) visit FC Dallas (15-10-6) on Wednesday night in the back end of a home-and-home series that saw the clubs play to a scoreless tie at B.C. Place Stadium on Oct. 6.

The result was enough to clinch Vancouver's second straight playoff berth, but a rash of injuries coupled with international call ups means that the Whitecaps travelled to Frisco, Texas, without a full complement of players.

"Sometimes things are taken out of your hands. There's only one thing you can do — roll your sleeves up and work," said Robinson. "We're like that as a group, as a club. We don't make excuses. We've got other players coming in. We've got a strong squad, I've said that from Day 1. The squad's really being tested at the moment."

Among the walking wounded for Vancouver is captain Pedro Morales and fellow midfielders Nicolas Mezquida, Mauro Rosales and Cristian Techera, while a host of others are also nursing various bumps and bruises.

"We've got guys hurting, but it's no excuse at this point in the season," said Whitecaps goalkeeper David Ousted. "The guys coming in for the injured players need to step up and show why they're here."

THE CANADIAN PRESS

MORE MLS

Toronto looks to clinch

The magic number is one for Toronto FC.

The Reds will clinch the franchise's first playoff berth with a tie or a win against Eastern Conference leaders New York Red Bulls at BMO Field on Wednesday. It's the first time this season securing a spot in the post-season is firmly in Toronto's hand.

TORSTAR NEWS SERVICE

Jennings back at QB with Lulay on shelf

CFL

Lions getting ready for weekend tilt against Esks

Cam Tucker
Metro | Vancouver

There will be no change at quarterback when the B.C. Lions take on the Edmonton Eskimos this weekend, meaning promising rookie Jonathon Jennings appears destined for his fourth consecutive start.

At least that was the plan from Lions head coach Jeff Tedford as of Tuesday afternoon.

Travis Lulay, the veteran starter before he suffered a left MCL sprain early last month, was once again back at practice and looked good but is still only about 90 per cent healthy, said Tedford, and that is part of the reason why Jennings will get the nod again.

That, and the 23-year-old Jennings has had some impressive moments since he was suddenly cast into the starter's role.

"Jonathon is playing as good as any quarterback in the league right now," said Tedford.

The Lions are in desperation mode – or at least they should be – following the weekend home loss to Winnipeg, which dropped their record to a paltry 5-9. The playoffs, however, remain attainable.

> **"It's Lulay's team. My job was to be the back-up. When my opportunity came I was just trying to win games.**
> Jonathon Jennings

The Lions are tied in points (10) with Winnipeg in the West Division, but with the benefit of a game in hand on the Blue Bombers. Also with 10 points, the East Division's Montreal Alouettes could possibly land a crossover playoff spot in the West.

The Leos face the Eskimos (11-4) on Saturday in Edmonton, the Hamilton Tiger-Cats (9-5) in Week 18, the Toronto Argonauts (9-5) the following week and the Calgary Stampeders (11-4) to close out the regular season Nov. 7.

It also sets up the potential from some interesting scenarios, at least at the quarterback position, in the not-too-distant future.

"It's (Lulay's) team," said Jennings. "My job was to be the back-up. When my opportunity came I was just trying to win games and come in and do my best. Travis is the man here."

GETTING THEIR LICKS IN CANUCKS TAKE ON L.A. KINGS Vancouver Canucks right wing Brandon Prust takes a punch from Los Angeles Kings centre Andy Andreoff during first-period action in Los Angeles on Tuesday. For the final score and game details, go to metronews.ca. ALEX GALLARDO/THE ASSOCIATED PRESS

IN BRIEF

McDavid scores first career goal in Oilers loss

Jason Spezza scored three goals, including the tie-breaker late in the third period, and the Dallas Stars spoiled Connor McDavid's first NHL goal with a 4-2 victory over the Edmonton Oilers on Tuesday night.

McDavid, selected No. 1 overall in the June draft, scored in the second period to pull the Oilers even at 2 after they had fallen behind 2-0.

THE ASSOCIATED PRESS

Former NBA star Odom unconscious, hospitalized

Authorities say former NBA and reality TV star Lamar Odom has been hospitalized after he was found unconscious at a Nevada brothel.

Nye County Sheriff Sharon A. Wehrly says the department got a call Tuesday afternoon requesting an ambulance for an unresponsive man at the Love Ranch in Crystal, Nev., about 70 miles outside of Las Vegas. A sheriff's statement says Odom was stabilized and taken to Desert View Hospital in nearby Pahrump.

THE ASSOCIATED PRESS

Ovechkin sits out Caps' game for personal reasons

Alex Ovechkin sat out the Washington Capitals' game Tuesday night against San Jose because of personal reasons.

The Capitals sent out a note on Twitter about 35 minutes before the game saying Ovechkin would not play.

They had confirmed earlier in the day that the left winger did not take part in the team's morning skate.

THE ASSOCIATED PRESS

Canadian women to give new goalies a chance

Canada will be green in goal at the Four Nations Cup women's hockey tournament, Nov. 4-8 in Sundsvall, Sweden.

Canadian goaltenders Emerance Maschmeyer of Bruderheim, Alta., and Erica Howe of Orleans, Ont., have fewer than five career starts for the national team between them.

THE CANADIAN PRESS

Stroman up for start

MLB PLAYOFFS

Young Jays ace pitted against Texas' Hamels

The Toronto Blue Jays are putting their faith in Marcus Stroman with their season on the line against the Texas Rangers in Game 5 of the American League Division Series.

The 24-year-old who missed the majority of the season with a torn ACL in his left knee is set to face playoff veteran Cole Hamels in the deciding game of the first-round series Wednesday afternoon.

"He's done it in the playoffs, he's proven and he's nasty," Stroman said. "I just look forward to competing against Cole Hamels."

Hamels was the World Series MVP in 2008, and Stroman will be making his second career post-season start.

"There's something different about him," manager John Gibbons said. "If anybody can rise to the occasion, it'll be him."

The pressure is on Stroman after the Blue Jays opted to use ace David Price in relief of R.A. Dickey in Game 4. Gibbons said Price is "not here to be abused" and that he wouldn't count on the star lefty being available for Game 5 at Rogers Centre. THE CANADIAN PRESS

Marcus Stroman, out for most of the season through injury, is relishing these big games. FRED THORNHILL/THE CANADIAN PRESS/POOL

IN BRIEF

Cubs make history by dispatching Cardinals

The Chicago Cubs clinched a post-season series at Wrigley Field for the first time ever, getting home runs from Kyle Schwarber, Anthony Rizzo and Javier Baez in beating the St. Louis Cardinals 6-4 Tuesday to win the National League Division Series in four games.

The Cubs hammered their way into the NL Championship Series by taking the best-of-five set before a rollicking crowd. Manager Joe Maddon's bunch of wild-card Cubs will face the winner of the Los Angeles Dodgers-New York Mets matchup.

THE ASSOCIATED PRESS

Dodgers extend series by defeating Mets

Clayton Kershaw ended his five-game post-season skid with seven brilliant innings while pitching on three days' rest and the Los Angeles Dodgers beat the New York Mets 3-1 Tuesday night to force a deciding Game 5 in the NL Division series.

The series shifts back to Dodger Stadium on Thursday. Game 2 winner Zack Greinke will try to lead the Dodgers to a spot in the NL Championship Series against the Chicago Cubs. Jacob deGrom is set to start for the Mets.

THE ASSOCIATED PRESS

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RECIPE Pumpkin Pasta with Ricotta and Sage

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't just save pumpkin for pies. It's great in a sauce for pasta, too.

Ready in
Prep time: 20 minutes
Serves 4

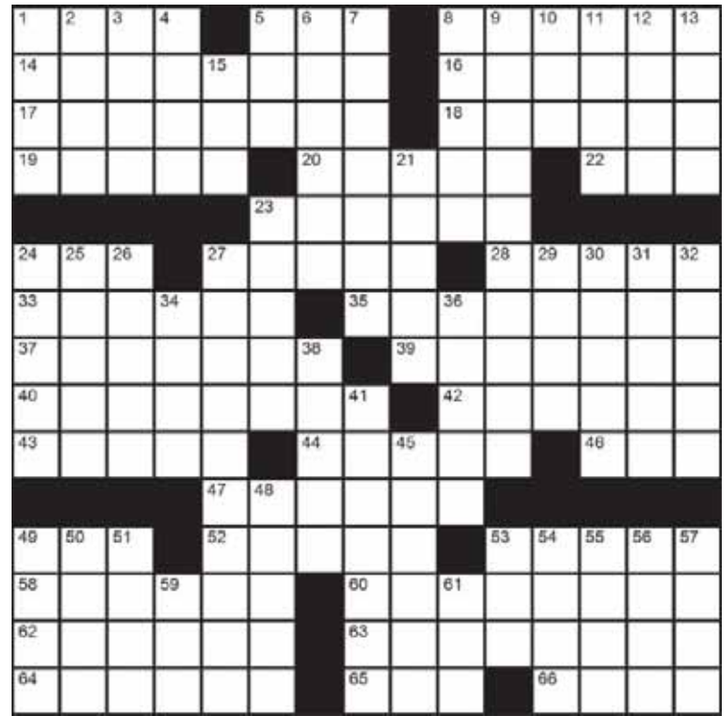
Ingredients
- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese, plus more for garnish

Directions
1. Cook the pasta according to package directions. Once the pasta has reached al dente, reserve 1/4 cup of the cooking water and drain the rest.
2. While your pasta is cooking, heat olive oil in a large skillet over medium heat. Add the shallots, garlic and sage and cook until tender, about 5 to 7 minutes. Add the ricotta, pumpkin purée, chicken broth, nutmeg and a pinch of salt; stir until combined.
3. Stir in the pasta and coat with the sauce. Add reserved pasta water to thin the sauce to desired consistency. Mix in the Parmesan cheese.
4. Serve the pasta with a sprinkling of Parmesan cheese and chopped sage.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tread
5. Like Beethoven's 'Pastoral' symphony, __ Major
8. Go round and round
14. Gordon Lightfoot's "__ Highway"
16. Paradise of Arthurian legend
17. Where Grizzlies catch salmon
18. President Reagan
19. Figs' friends
20. Southern Alberta town
22. Where the Capitals play hockey, briefly
23. Tune
24. Dowel
27. Trait carriers
28. Amass
33. Urge on
35. Ship like the type on the Canadian dime
37. Penitent people
39. Certain car company
40. Product stored/transported by Canadian company Gibson Energy: 2 wds.
42. Horse's proud strut
43. Rock band, with Van
44. Ecological stages
46. "Is that so?" remarks
47. Volcano opening
49. Camel hair garment
52. Handles on swords
53. "_ _ Told You Lately" by Van Morrison
58. __ tasks (Chores of drudgery)
60. Kitchen drawer items
62. Pink-eraser-topped implement
63. Autumn weather occurrence: 2 wds.
64. Directs
65. U2 producer Brian
66. Dick Tracy's beloved

DOWN
1. Gulf War missile
2. Spanish appetizer
3. Once
4. Rocker Mr. Wentz
5. Pique
6. Tidy up
7. Shes
8. Showed concern
9. "Hello Honey" up-and-coming band from London, Ontario: 2 wds.
10. Escaped
11. Purr-er's paw part
12. The Kinks hit
13. Calls off
15. Belonging to Paris' Ii'l country
21. Power tools brand
23. Movies... First 'M' of MGM
24. Georgia's state fruit
25. Surplus
26. Tomb's thief
27. TD Canada Trust's comfy symbol: 2 wds.
29. Charlie and __ (Parents of actress Geraldine Chaplin)
30. "Well... yes __ __." (Indecisive response)
31. Contact/get through
32. Becomes moistureless
34. Wave: French
36. Overly active
38. Carpeting choice
41. Sandwich ingredient
45. Lean against: 2 wds.
48. Streamlets
49. _ up (Escalates)
50. Salad bar item grasped with small tongs
51. Queen Elizabeth's only daughter
53. 100, for short
54. Legal gig, __. DA
55. Big name in short videos
56. Old music high notes
57. Web connectors, commonly
59. Rink surface
61. Jeff Lynne's gr.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
According to the planets you have buried your feelings at such a deep level it seems they no longer exist. But they do and you need to let one person know you still love them.

Taurus April 21 - May 21
You could do worse today than let a friend or family member call the shots. The planets indicate that you will gain more by doing less things for yourself. Go ahead, get spoiled.

Gemini May 22 - June 21
You have carried a lot of responsibility on your shoulders of late but over the next two or three days you need to find ways to lessen the load. A burden shared is a burden halved, so get loved ones to help you.

Cancer June 22 - July 23
You won't be as distant emotionally and that's good. It is sometimes difficult for even those closest to you to know what your true feelings are but for a while at least you will be more open and loving.

Leo July 24 - Aug. 23
What is right for you may be wrong for someone else, and what is right for them may be wrong for you. You may not approve of someone's actions but it is not your place to judge.

Virgo Aug. 24 - Sept. 23
Now is not the time to be confrontational, either at home or at work. Others will listen to reason today but they won't listen to anything that sounds like a threat.

Libra Sept. 24 - Oct. 23
At this time of year, when the Sun is in your sign, you tend to push yourself hard, but if you go beyond your limits today you may regret it.

Scorpio Oct. 24 - Nov. 22
You don't have to be on top of things every minute of every day. Yours is a sign that values hard work and leads from the front but the planets indicate you will achieve twice as much as you usually do with only half the effort.

Sagittarius Nov. 23 - Dec. 21
For some strange reason you have got it into your head that you have fallen short of what was expected of you. That's nonsense. Overall you are still streets ahead of your rivals.

Capricorn Dec. 22 - Jan. 20
Do whatever it takes to get along with people you do business with. That does not mean you must do everything they say, but at least treat them as equals — even if they are not.

Aquarius Jan. 21 - Feb. 19
Employers and authority figures will encourage you to make more of your talents. Take center stage, because you will find that being in the spotlight actually feels good.

Pisces Feb. 20 - March 20
Go where your instincts take you and ignore those who say you have got it wrong. Never be afraid to take a few risks. That applies especially to affairs of the heart. Travel for pleasure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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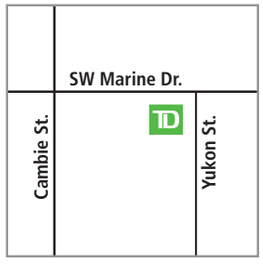

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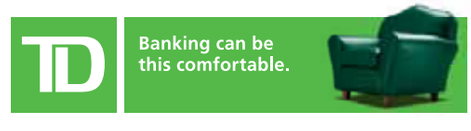

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